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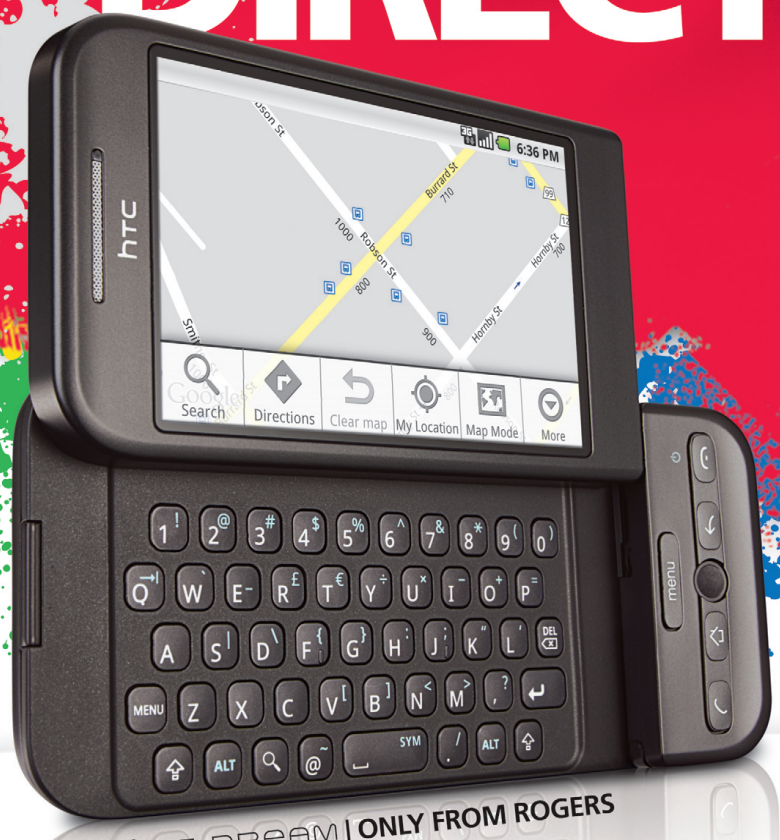

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Celebrity Buzz

Jacko to open zombie casino?
pg 22

Teen arrested after Facebook 'hit list'

Police find multiple weapons at Vancouver home of 18-year-old high school student

JEFF HODSON
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A Vancouver high-school student appeared in court yesterday on firearms charges after he allegedly posted a 117-name "hit list" on Facebook that included teachers and his fellow students.

The 18-year-old, who would have graduated this year, was arrested at his house Friday evening after six students from Templeton Secondary contacted Vancouver police.

Officers seized a shotgun and ammunition, a sword, a machete, shells, a knife and two collapsible batons from the house.

"This is the most serious incident of its type that the Vancouver Police Department has ever dealt with," said Insp. Scott Thompson, of the youth services section.

"Concerned students came forward and did the right thing. They called police and we were able to prevent a potential incident from taking place."

The list, he said, contained 117 names, of which 71 belonged to staff and students at Templeton. Officers are trying to identify the remaining 46 people.

Yesterday afternoon, uniformed and plainclothes officers remained on scene at Templeton. Staff and students were told of the situation Monday morning and a letter was sent home to parents.

PHOTO COURTESY VPD

Weapons confiscated by police from a the home of a Templeton Secondary student.

One student, who didn't want to be identified publicly, told reporters outside the school that he was No. 78 on the man's "hit list."

"I was surprised when my buddy told me that some kid had been arrested for having guns and a list, and when I was told I was on the list that took it to another level."

The "hit list" was posted on the man's Facebook page and had been online "for quite some time" before the six students, several of whom were on the hit list, contacted police on Friday, Thompson said.

Police are not naming the Grade 12 student because he may not be tried as an adult on the seven charges, which include possession of a restricted firearm.

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Sunny Side

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- **Calling on all Vancouverites — share your SunnySide thoughts on what makes Vancouver tick: People, places, events and architecture on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**

Entertainment pg 20

Twilight does MTV sweep

Please recycle

GONZALO FUENTES/REUTERS

Distraught relatives and friends of passengers of Air France Flight 447 arrive yesterday at the crisis centre at Charles de Gaulle airport near Paris. More coverage, pg 10

Canadian on lost Air France flight?

FERNANDO CARNEIRO
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A Canadian man is on the list of passengers aboard the Air France flight that is presumed to have crashed in the Atlantic Ocean yesterday with 228 people on board.

Brad Clemes, a Coca-Cola executive born in Guelph, Ont., who resides in France, was reportedly aboard Flight 447 en route to Paris from Rio de Janeiro. It hit heavy turbulence four hours after takeoff and 15 minutes later sent an automatic message reporting electrical faults. The plane then disappeared from radar screens.

"It's a tragic accident. The chances of finding survivors are tiny," French President Nicolas Sarkozy said at Paris' Charles de Gaulle airport after meeting tearful passenger relatives.

Etienne Kapikian, a French meteorologist, told Metro France the plane ran into trouble at the "intertropical convergence zone" where violent winds, lightening, hailstorms and frost are common.

"(This zone) is a stormy area, a hundred kilometres wide, with cumulonimbus (clouds) that can reach 16 kilometres high," Kapikian said. When a plane reaches the zone, the pilot can "either fly over it, or fly around it. He goes through it only if he has no other choice."

Moacir Duarte, co-ordinator of engineering courses at the Federal University of Rio de Janeiro, told Metro Brazil it's unlikely that lightning — which is common — caused the crash.

No wreckage was found by Metro's deadline.

WITH FILES FROM REUTERS

Brazilian royalty

- A 26-year-old Brazilian prince, a descendant of the last Emperor in Brazil, was also aboard Air France Flight 447. Pedro Luiz de Orleans e Bragança lives in Luxemburg and was in Brazil to visit his parents.

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Vancouver media company recognized for surging growth
A Vancouver-based digital media company has placed fifth in Profit Magazine's ranking of Canada's fastest-growing companies over the past five years. PNI Digital Media, also known as PhotoChannel Networks, reported revenue growth of 6,500 per cent for that period. METRO VANCOUVER

Local

Retired couple hit 6-49 jackpot

A retired Vancouver Island couple says they'll be upgrading their daughter's wedding gift this weekend after winning $2.15 million in the Lotto 6-49 draw on the weekend. Ward and Terri Harrison, left, of Courtenay also plan on putting the money toward paying off their mortgage and restoring their 1941 Plymouth. METRO VANCOUVER

News in brief

DRIVING A new regulation came into effect yesterday requiring drivers to slow down and move over when passing parked emergency vehicles that have their lights flashing. The new regulation, which includes a $148 fine, applies to people passing police, fire, ambulance and tow trucks.

DZIEKANSKI The RCMP's top cop yesterday said he's sorry for the death of Robert Dziekanski, who died after being Tasered by police at YVR. Commissioner William Elliott told a Senate committee the RCMP plans to learn from the incident.

FIRES Lower Mainland firefighters are warning people to make sure camp and beach fires are extinguished after crews were called to a small fire near Crescent Beach in Surrey. Officials say the current dry, hot weather increases the risk of fires.

METRO NEWS SERVICES

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WHAT'S ONLINE TODAY

Video Canadian astronaut Bob Thirsk talks about the "surreal life" aboard the International Space Station at **metronews.ca/canada**

Blogs Style columnist Kenya Hunt thinks recession-busting fashion tips are just repackaged common sense

Your Money Allan Small explains why the loonie's rise is bad for Canada's bottom line at **metronews.ca/investing**

Shootings leave residents fearful

METRO NewsExclusive

KRISTEN THOMPSON
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When Paula Deslippe awoke to the sound of shots fired early yesterday morning, it was the second time in a week she had witnessed gunplay outside of her Burnaby condo.

"It makes you curious as to what's happening in your own residence. Who really lives in these towers?"
Paula Deslippe

"I heard gunshots around 1:35 and … within two minutes there were police thoroughly searching the entire area," said Deslippe, 27, who has lived in Tandem Towers for three years.

"The fact that I didn't see anyone get away, that kind of scared me a bit."

A week ago, Deslippe watched a vehicle flee the condo's parkade after Peter Singh Adiwal was shot there.

Adiwal, an alleged member of the Independent Soldiers gang, is in serious condition after being hit 20 times.

On March 3, a woman was shot and killed in an apartment nearby.

"If I move, am I going to move next door to the people who were shooting at (them)?" Deslippe asked. "It makes you curious as to what's happening in your own residence. Who really lives in these towers?"

Mike Nakhleh, 25, who also lives in the building, said his girlfriend's car was parked five spots from Adiwal's an hour before he was shot.

"You never know where the bullets are going to go," he said, adding that his girlfriend wants him to move. "I don't get rattled too easily, but it's definitely concerning."

Changes proposed for sex-offender registry

JEFF HODSON
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CRIME Vancouver police are looking forward to soon being able to use an improved national sex registry to prevent crimes.

The proposed changes, announced yesterday in Vancouver by International Trade Minister Stockwell Day, include mandatory registration and DNA samples for all convicted sex offenders.

Sgt. Mike Pollard of Vancouver's sex-crime unit said the problem with the existing sex-offender registry is that it is rarely used by investigators.

"The proposed changes I've seen … will allow us to use it as a tool in a proactive way," said Pollard, following the announcement yesterday.

"For example … we have a sex offence in a community or an area, previously we couldn't go and say, 'Who are our known, identified, convicted sex offenders in that community? Who do we know who has done this before?'"

The proposed changes, said Vancouver Chief Const. Jim Chu, are modelled on the Ontario sex-offender registry that he said has been used effectively by policing agencies.

The B.C. Civil Liberties Association's executive director, David Eby, said DNA is an important tool in criminal investigations, but there must be safeguards on its collection and access.

JEFF HODSON/METRO VANCOUVER

Chief Const. Jim Chu and International Trade Minister Stockwell Day at police headquarters in Vancouver yesterday.

Hearing ordered into alleged confinement of teen by police

INVESTIGATION A public hearing has been ordered into the actions of two officers who allegedly bound and tethered a Victoria teenager in a padded cell, the Police Complaint Commissioner said yesterday.

Stan Lowe ordered the hearing into the 2005 arrest of Willow Kinloch, then 15, who was picked up for public drunkenness.

Kinloch alleges that Const. Ryan O'Neill and Const. Brian Asmussen tied her up and tethered her to a cell door all night.

Last year, the B.C. Supreme Court awarded Kinloch $60,000 and found that O'Neill and Asmussen used excessive force during the incident. Victoria Chief Const. Jamie Graham, however, said the allegations were "unsubstantiated."

KRISTEN THOMPSON/ METRO VANCOUVER

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B.C. Ferries unveils lower mid-week fares

B.C. Ferries announced midweek fare cuts on its major routes between Vancouver Island and the Mainland starting today. Rates for a vehicle and one passenger have decreased by $15 to $39, and walk-on rates are down $4.50 to $9, on Tuesdays, Wednesdays and Thursdays. METRO VANCOUVER

Greenpeace activists continue Safeway protest despite arrests

KRISTEN THOMPSON
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Greenpeace activists — undeterred by the arrests of seven colleagues last week — protested at a South Surrey Safeway yesterday for Day 5 of its campaign to stop supermarkets from selling unsustainable seafood.

Police were called to Peninsula Village and spent half an hour inside the store before coming out and telling protesters they could stay, said Raina Delisle, a public relations officer for Greenpeace Canada.

"(They) said Safeway had decided we could stay outside and felt it important we have our voices heard," said Delisle.

The rally was part of a Greenpeace campaign that kicked off on May 25, to urge national supermarket chains to sell only sustainable seafood.

Seven protesters were arrested last week — four at a Victoria Safeway and three at a Kelowna Costco — in similar rallies.

Last week Greenpeace released a report, Out Of Stock, Out Of Excuses, ranking retailers on seafood sustainability. Safeway was ranked No. 7 out of eight.

Demonstrations

- Protests were also held yesterday at supermarkets in Hamilton and Chicoutimi, Que.

All older B.C. Tasers pulled by RCMP

MOUNTIES All 578 older-model Tasers used by RCMP officers in B.C. are being pulled after they failed tests.

Solicitor General Rich Coleman has asked the Mounties to stop using their M-26 conducted energy weapons after a significant number of them didn't meet manufacturer's specifications.

The biggest problem with the devices is that some produced less electricity than designed to. The M-26 model is supposed to incapacitate a target with a 50,000-volt jolt of electricity.

The weapons, which are the same model used by municipal police forces, sheriffs and corrections officers, may be put back into service after they have been repaired and re-tested.

They may also be replaced by newer models.

METRO VANCOUVER

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'Scariest' night in woods

Camper stranded after floating down Chehalis recalls ordeal

KELSEA BLOXAM
for Metro Vancouver

A woman who spent the night on the shore of the Chehalis River in Chilliwack said the ordeal was the "scariest thing ever."

Sherry Thompson, 43, said she didn't sleep on Saturday night and spent the time praying to be found.

"I could hear the search and rescue helicopter but they couldn't find me," Thompson said. "I thought at least they're looking for me."

Thompson went missing from her campsite after getting on an air mattress and floating down the Chehalis on Saturday.

RCMP Const. Mark Pelz initially told reporters Thompson got on the mattress late at night and that alcohol was a factor, a claim the mother of three denies.

Thompson admits she had been drinking the night before but not that morning. And she says she got on the air mattress at 11:30 a.m., not late at night.

She floated for about 1.5 hours before the mattress developed a leak. Thompson then decided to walk back through the woods, which was difficult because of a previous ankle surgery.

"It was the scariest thing. An animal came and rubbed against my back but I was too scared to look," said Thompson.

She found her way out the following morning and made her way to a nearby lodge where she met search and rescue officers.

"They put such a negative spin to it. The whole thing is about surviving and not giving up," said Thompson.

SUBMITTED PHOTO

Sherry Thompson with her sons Straten Bachand, left, and Jeremi Labelle at their Port Coquitlam home.

"They put such a negative spin to it. The whole thing is about surviving and not giving up."
Sherry Thompson

Weaning must be considered as addiction treatment: Researchers

KELSEA BLOXAM
for Metro Vancouver

After 30 years of promoting abstinence from drugs without success, a researcher says it's time to wean off addicts slowly, even if it means giving them free heroin.

Eugenia Oviedo-Joekes, principal investigator in a trial study being conducted in Vancouver and Montreal, said innovative treatments are needed.

"We need alternatives because for any other disease we have alternative pills, approaches and treatments and for addiction the only alternative that people can visualize is abstinence," said Oviedo-Joekes.

Roughly 290 heroin users will take part in the $1-million publicly funded study receiving heroin or Dilaudid under the Study to Assess Longer-term Opioid Medication Effectiveness — Salome.

Those involved will not know which drug they are receiving in an attempt to focus on using substitution as an exit strategy.

The trial is the next step following the North American Opiate Medication Initiative (Naomi) that ended last June with positive health outcomes and criminal and illicit activity down.

Trish Walsh, executive director with the InnerChange Foundation, stressed the importance of realizing addiction stigmas. "We have to start shifting our focus from thinking addiction is a moral failing to a health concern. This is medication for a health concern," said Walsh.

"We have to start shifting our focus from thinking addiction is a moral failing to a health concern. This is medication for a health concern."
Trish Walsh, InnerChange Foundation

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News in brief

TRIAL The trial date of a Surrey man accused of murdering his pregnant wife has been pushed back to May 2010, news1130.com reports. Muktiar Panghali was accused of killing his wife, Manjit Panghali, five months after her charred remains were found in Tsawwassen.

SUSPICIOUS Police are warning the public about a suspicious man who grabbed some children playing on a Tofino beach and threatened them. RCMP say the children were approached at Schooner Cove on Sunday afternoon. They were able to run away.

POWER A new hydrogen-assisted renewable power system is being installed in Bella Coola. The plant will store green electricity from run-of-river and will lower diesel consumption by 200,000 litres, reducing greenhouse gas emissions by 600 tonnes annually.

COLLISION A 46-year-old Surrey resident is facing charges of impaired driving after colliding with a tanker truck carrying gasoline in Langley. RCMP said the accused was driving along Fraser Highway when they crossed the centre and hit the oncoming truck.

DEATHS Police yesterday confirmed the second of two bodies found in a shallow grave on a rural property near Kamloops was that of Damien Marks, 31. Marks' body was found with that of his roommate Kenneth Yaretz, 24. The men disappeared in April.

FIRE Lower Mainland firefighters are warning people to make sure camp and beach fires are extinguished after crews were called to a small fire near Crescent Beach in Surrey.

METRO NEWS SERVICES

Memorial to be held for missing girl

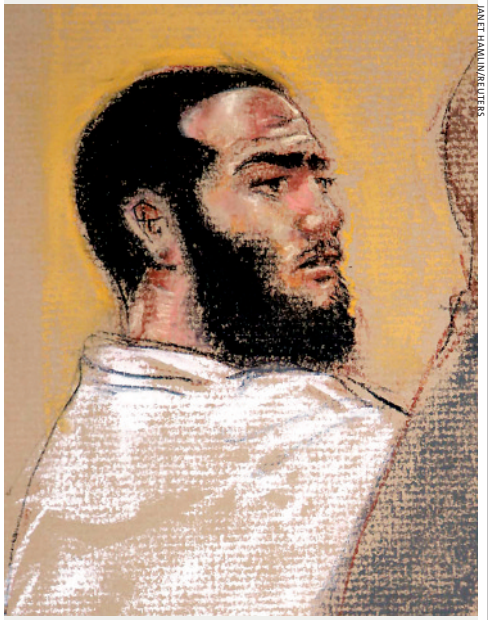
On Saturday, a devastated family and heartbroken town will remember Victoria (Tori) Stafford (mother Tara McDonald pictured right) at Calvary Church in Woodstock, Ont. Investigators have still not recovered the eight-year-old's body. TORSTAR NEWS SERVICE

Canada

Astronauts publish article

An international team of astronauts, including Canadian Dr. Robert Thirsk, left, who launched into space on May 27 have published an article in the Canadian Medical Association Journal. In the article, the experts say radiation and the physiological consequences of living in a microgravity environment are major challenges in space flight. TORSTAR NEWS SERVICE

Guantanamo Bay **Khadr in court**



JANET HAMLIN/REUTERS

In this photo of a sketch by courtroom artist Janet Hamlin, Canadian defendant Omar Khadr, left, is pictured during a hearing inside the courthouse at the Guantanamo Bay U.S. Naval Base in Cuba yesterday. Khadr, accused of killing a U.S. soldier with a grenade during a firefight in Afghanistan seven years ago, tried in a losing bid to fire his entire Pentagon-appointed defence team, which has been beset by infighting.

Liberals gaining ground

Opposition party moves ahead of Tories in new supersized survey

The opposition Liberals have edged ahead of the ruling Conservatives in popular support, but not by enough to be sure of winning an election now, according to the largest ever poll conducted in Canada.

The results are another indication that despite recent talk of an imminent election, Canadians will not be voting any time soon. The Ekos poll, conducted over three weeks in May for the CBC, was released yesterday.

Under Canada's first-past-the-post electoral system, a party needs to win around 36 per cent of the vote to win a minority government and about 40 per cent to stand a chance of getting a majority.

REUTERS

By the numbers

- The Ekos survey of almost 11,000 Canadians, more than 10 times the usual polling size, put the Liberals at 33.5 per cent support and the Tories at 32.3 per cent.

Warnings, flyers greet travellers at U.S. border

SECURITY Our southern neighbour fortified its border yesterday, encouraging travellers to comply with new documentation requirements and unleashing a fierce artillery barrage of smiles, warnings and flyers.

Vehicles breezed through the gates at the Buffalo Peace Bridge in New York, where it was a quiet Monday like any other, despite large signs suggesting otherwise. "Effective June 1, 2009, only these documents are acceptable," the signs said. "Passport card, Nexus card, enhanced driver's licence, passport."

> **"I'm in their naughty books."**
> Sandra Cerenzia

Yet when 65-year-old Sandra Cerenzia forgot her passport, the dual U.S.-Canadian citizen was kindly reminded to bring it next time.

"I'm in their naughty books," she said.

TORSTAR NEWS SERVICE

News in brief

ISOTOPES Health sciences company MDS Nordion, facing a shortage of medical isotopes, called on the government yesterday to reactivate the Maple nuclear reactor project in Chalk River, Ont., to ensure a continuing supply.

LEBANON Canadians who are flying to Lebanon on free plane tickets provided by party supporters could tip the difference in a close parliamentary election in that country, CBC News Online reports. Corporate sponsors are paying for supporters of the pro-Western Future Movement to vote on June 7.

METRO NEWS SERVICES

ADVERTISING FEATURE

eBay Sellers are Making $5,000-10,000+ a Month

By James Ryder

Why settle for mediocre pay and long hours when it is possible to make over $100,000 a year from the comfort of your home?

Over 170 million people are registered eBay users and 1.3 million are making a full-time living through online auctioning, leaving their everyday jobs.

Dan Lok, online auction and internet expert, is one of many people who have left the mundane aspect of a 9-to-5 desk job and begun to make his own income at home. Now Lok is making around $10,000 a month.

"People shouldn't wait until they find themselves out of a job before they find out they are not financially secure," Lok said. "They should start ensuring their own and their family's financial future immediately."

Not only does eBay allow people to make money and get rid of some things that may no longer be of use, there are more benefits than cash. If a seller can make $1,000 a month or more, they can qualify for most of the same benefits that are available in a regular 9-to-5 job, such as health, vision and dental. Over 200,000 members of eBay qualify for these benefits and more.

Paola M. supplements her income with eBay and the Internet

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also consumer demands through the Internet are continually growing, allowing for a higher income rate per seller.

One source says on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes. These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Lok said. "With the right techniques it's easy to make extra income."

It is rather easy to get started in the process and become acquainted with the techniques.

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone can be on their way to becoming a member of the fastest growing community in the Canada and the U.S.

"Why wait to win the lottery," Lok said, "when selling on eBay is like winning the lotto every day."

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"I have recently sold a few items on eBay... Before listing fees and shipping cost, I have made $7,202.50... I would consider this to be a good profit."
— Jeremy W.

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— Weston T.

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Wednesday, June 17, 2009 10:00 am, 1:00 pm & 7:00 pm Holiday Inn Vancouver Centre 711 West Broadway	Friday, June 19, 2009 10:00 am, 1:00 pm & 7:00 pm Holiday Inn Express Langley 8750 - 204th Street

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Board to decide bus killer's fate

Vince Li, the man accused of beheading a fellow passenger on a Greyhound bus last summer, appeared yesterday before a criminal review board that is meeting to assess whether Li should be institutionalized, given a conditional release or handed an absolute discharge. CBC NEWS ONLINE

Calgarians rise to challenge

COMMUTE Calgarian Krista Thomas usually commutes to her job at Devon Canada with two others, but has extra incentive this week as the company participates in the commuter challenge.

Thomas, who works in the communications department, said last year Devon Canada had 38 per cent of employees involved in the challenge and believes they will have more this year.

The commuter challenge, which runs until Friday, is a competition between workplaces and cities across Canada to use something other than single occupancy vehicles. In Calgary, 120 companies are embracing the challenge. METRO CANADA

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Coffee tosser pleads guilty

Ontario man suffered burns to face after incident at train station

They came together in the morning crush of commuters bustling through Union Station for the GO train.

Michael Beline was hurrying to his job as an elementary teacher in Durham Region, Ont.

Christine Bedford, a customer service representative, was also on her way to Track 4A. She had a fresh coffee in her hand.

Suddenly, the two strangers were together in the crowd. Beline thinks he may have cut ahead of her.

The next thing he remembers is her angry voice, saying, "Don't you f—ing cut me off."

He turned toward the voice and the woman threw the contents of her coffee cup in his face.

"Either she's insane or she's evil."
Justice Bruno Cavion on a woman who pleaded guilty to throwing coffee in a man's face

"I suffered second-degree burns," the 30-year-old Toronto resident said of the April 9, 2008, incident. "I had burns at the tip of my eyelids. It was quite severe."

Yesterday, Bedford, 58, pleaded guilty to assault causing bodily harm, a lesser offence than the aggravated assault charge she originally faced.

Provincial Court Justice Bruno Cavion was not impressed. "Either she's insane or she's evil," he told Bedford's lawyer, demanding further explanation for her conduct.

The judge accepted a joint recommendation for a suspended sentence, 12 months probation and restitution of $1,500 — part of which will go to Beline.

TORSTAR NEWS SERVICE

Not-guilty plea in newborn's death

MOTHER A young woman accused of second-degree murder in the death of her newborn baby in April 2005 pleaded not guilty at the start of her trial Monday.

Katrina Effert, 23, is from Wetaskiwin, Alta. Her lawyer, Peter Royal, told the jury yesterday that Effert would plead guilty to a lesser charge of infanticide, but the Crown rejected that plea.

CBC NEWS ONLINE

Edmonton **Fancy dancing**

CANDICE WARD/FOR METRO CANADA

Fancy dancers Adrian Lachance and Angela Gladue help kick off the start of Aboriginal History and Culture month yesterday at the Alberta legislature.

Irked investors take to streets in Calgary

DIVIDEND A commercial investment dispute spilled onto a downtown street yesterday as over 200 investors protested in front of the head office of the company at the centre of the dispute.

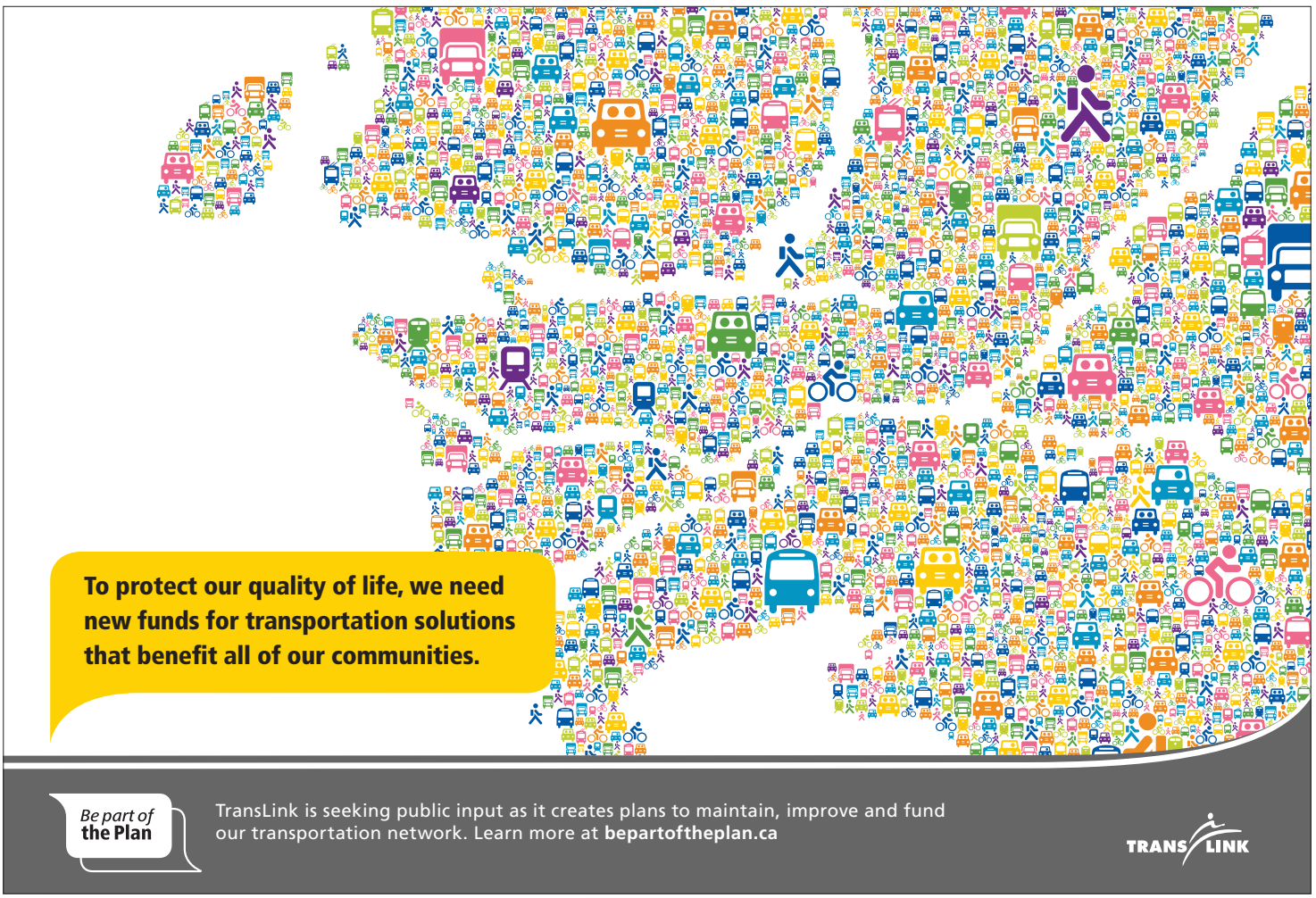
The group of investors, each with individual investments of $10,000 to $50,000 in Concrete Equities, allege they stopped receiving their quarterly dividend cheques from the commercial real estate company four months ago.

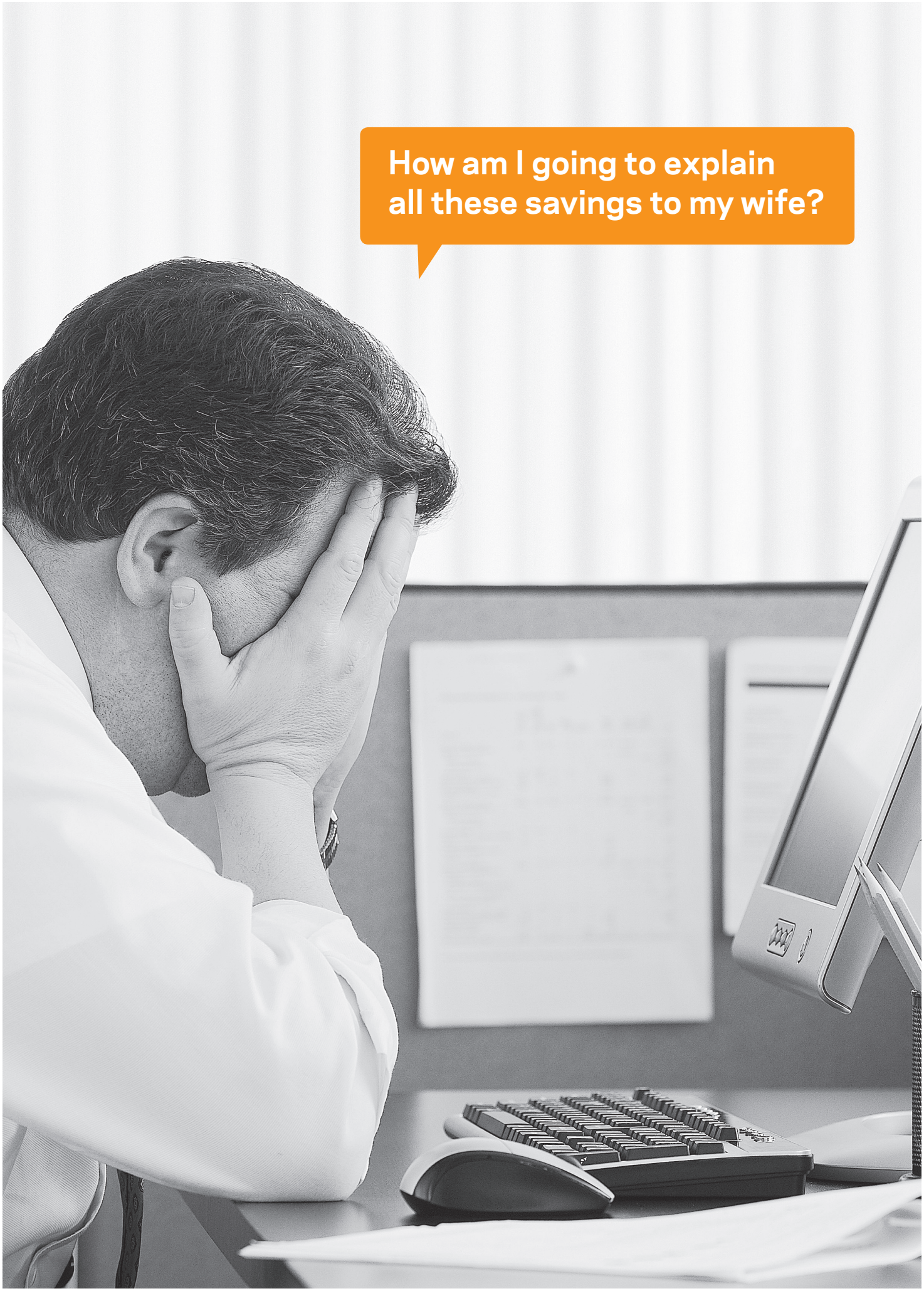
"We feel they are mismanaging our funds and withholding information from us," Terry Town said on behalf of the protesters.

Town said the investors have been asking for financial information but their requests have not been met.

When Metro contacted Concrete Equities yesterday over these allegations, a spokesperson said they couldn't be reached for comment.

KRISTA SYLVESTER/ METRO CANADA




How am I going to explain all these savings to my wife?

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Comment

Our newest rising star

It takes a lot to upstage the very regal Adrienne Clarkson. But Michaëlle Jean, the Governor General who has been under her shadow for four years, has finally — to Clarkson's chagrin — done so.

Jean's Rankin Inlet sealskinning and heart-eating venture is becoming the stuff of legend. With it, she has made a ringing declaration of support for the rights and traditions of our native peoples. She has told the European Union, with its opposition to the seal hunt, where to get off. And she has turned herself into a star.

Her wielding of the Inuit ulu blade took courage. Not everyone was impressed. When Clarkson, in Iqaluit on the weekend, was asked about it, she replied, "I've eaten raw food here since 1971. It's nothing new to me, OK?"

Whew! Sounds as though her successor's act cut deep. Clarkson is rightfully proud of the work she did to raise the profile of our native peoples. It was a high priority for her. Her husband, John Ralston Saul, took it a step further. He produced a remarkable book, A Fair Country, which convincingly makes the case that the Canadian identity is neither anglophone nor francophone. Rather it's our aboriginal ancestry, as he argues, which not only shaped us, but still sets us apart.

But Jean's act, the sight of her bent over, cutting and eating raw seal heart, was startlingly powerful. It will not leave the mind. Instead of sounding catty, Clarkson should welcome it. Relations have been frosty between the two women. Only recently, Clarkson took what appeared to be a veiled shot at Jean for getting her geography wrong in mixing up British Columbia's Coastal Mountains and the Rockies.

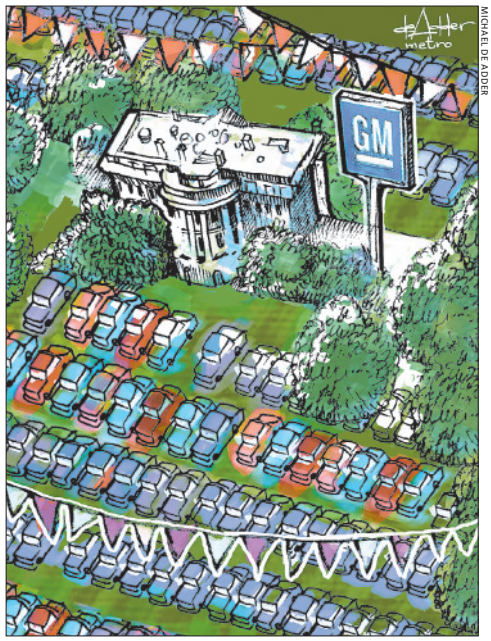
In another tut-tutting display, Clarkson said future aspirants for the GG's position should be required to undergo a Canadian knowledge quiz.

She was a rare Governor General, but the thought that Jean can shine as well should not get under her skin. What both women have demonstrated is that the GG's office is of far more than ceremonial importance.

Last December, Jean made the historic decision to save the Harper government by granting prorogation of Parliament right after it had begun a new sitting. Her ruling was defensible, but she let the country down in her refusal to explain her reasoning behind it. Democracies of the 21st century require more openness than that.

But with her iconic act at Rankin Inlet, Jean has shown her mettle. She has demonstrated that she is in a league with Adrienne Clarkson. More importantly, she has given our often forgotten native peoples an empowering image that will be remembered forever.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Why government participation doesn't work

One of the most ominous aspects of the auto industry bailouts is the renewed blossoming of government participation in the private sector. Including actions in the U.S., this means working partnerships with car companies and financial institutions.

It's a degree of government involvement in the private sector not seen since the New Deal of the 1930s.

Desperate times may call for desperate measures, but there are good reasons to question the wisdom of government becoming owners/partners in private enterprises.

In reality, we live in a mixed economy in which government commingles with private businesses in a variety of ways. But as much as possible, the market should be the preserve of private, not public, enterprise. Owners of private companies freely make choices that involve risks, the biggest being loss of capital. Governments are there to preserve and protect the integrity of the marketplace and the interests of individuals rather than take business risks.

Government intervention to prop up particular companies such as the domestic auto uses taxpayer power to disrupt the workings of the marketplace. In the normal order of things, companies rise, prosper and sometimes fail, only to be replaced by younger, more vigorous enterprises. Money and jobs are lost here, but profits and jobs are made there. Call it market Darwinism.

When government messes with this natural order it does a few things. It confers value to stock or debt that might not otherwise exist. It skews the decision-making process within companies. It favours one competitor over another, the latter being the successful player that isn't being bailed out. It also favours some individuals over the rest of us. It is not what you call fair treatment.

Bailout **Series**

(Editor's note: This is the second part of a three-part series by Charles Davies on financial bailouts.)

But mostly, as Canadian history illustrates, government participation breeds failure. Starting with the Newfoundland government's subsidization of the Come-by-Chance oil refinery in the early 1970s, the last generation provides a litany of boondoggles. Think of New Brunswick's expensive flirtation with the Bricklin, Quebec's investments in everything from asbestos to steel, and just about everything ever touched by British Columbia Resources Corp.

Federally, consider Ottawa's failed aerospace adventures with Canadair and deHavilland, the dismal investments of the late and unlamented Canada Development Corp. and high-tech washouts like Consolidated Computer. There are more where these came from. When government lays our money on the line by investing in a business like the now officially bankrupt General Motors, count on them losing it.

Thursday: What government ought to do to help business.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Letters

Everyone needs to pull together to help the planet

This continuing discussion and horse trading over carbon credits and such is just rearranging deck chairs on the Titanic.

By the most reliable measures, we're seriously behind schedule and a good distance up the creek with a very small paddle.

If every corporation, public body and individual did their very best to preserve the ozone layer instead of looking for loopholes to idle through, this civilization, this planet, might just make it through the next 50 years.

ROMAN B. ROMANIUK, TORONTO

Worth mentioning

NASA launches invites for Twittering media

NASA, which has tiptoed into the new world of social media with Twittering astronauts and Facebooking rovers, is taking the next step with an invitation-only outreach to "the twedia" to cover a space shuttle launch.

There are so many details to work out that the so-called TweetUp, originally planned for next week's launch of space shuttle Endeavour, has been rescheduled for the August flight of shuttle Discovery, said Michael Cabbage, a spokesman for the U.S. space agency.

NASA figures it can handle between 100 and 150 Twitterers and bloggers in a makeshift media site at the Kennedy Space Center in Florida.

Media members at the launch will be able to issue reports to Twitter users who have signed up to receive them. The tweets also are posted and archived on the Twitter.com website.

REUTERS

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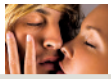

Harlequin celebrates anniversary with exhibit
A New York exhibit, The Heart of a Woman: Harlequin Cover Art, 1949 to 2009, celebrates the Canadian publisher's 60th anniversary and focuses on the shifts in female desire. REUTERS

World

No more snake-bitten chickens

Chinese health authorities are putting a stop to restaurants serving chickens that have been bitten to death by poisonous snakes and cooked up for a supposedly detoxifyng meal. The dish, served by a small number of eateries in the southern province of Guangdong and the southwestern city of Chongqing, has generated a storm of publicity and controversy in the Chinese media and amongst bloggers. REUTERS

Kidnapped students recovered

PAKISTAN Scores of kidnapped Pakistani students and staff of a military-run college abducted by Taliban militants in the northwest of the country were recovered last night, a Pakistani military spokesman said. "All the cadets except one have been recovered," said military spokesman Maj.-Gen. Athar Abbas. Taliban militants kidnapped up to 400 students from a military-run college yesterday. REUTERS

News in brief

MURDER A man suspected of killing a Kansas doctor who performed abortions was in jail yesterday while investigators sought to learn more about his background. George Tiller, 67, was shot in the foyer of a church in Wichita, police said. The suspect, identified as Scott Roeder, was taken into custody about three hours later. REUTERS

'We were very lucky'

A French medical professor visiting Brazil with his wife tried in vain to convince Air France agents to get them aboard Flight 447 — the fact that there were no seats available seems to have saved their lives.

Yesterday, as news broke of the plane's disappearance from radars and likely crash in the Atlantic Ocean with 228 on board, would-be passengers expressed their emotions.

"It was a miracle. We should have been on the plane," said Claude Jaffiol, who said he and his wife, Amina, "did everything" but failed to get on the full flight.

"We changed our mind. God saved us."
Vera Regina Bastos

"We were very lucky," added Amina.

Brazilian tourist guide Vera Regina Bastos said God saved her life. She was leading an excursion of seven that was supposed to fly to Paris on Sunday, but their trip was delayed by one day.

"We had planned to fly on May 31, but we changed our mind. God saved us," said Bastos.

For those whose loved one made the flight, yesterday was a day of anxiety and grief. Helen Pedroso said her fiancé was on his way to Germany to pick up documents for their wedding in Brazil. Harald Winner was supposed to take a connecting flight to Berlin after arriving in Paris. METRO WORLD NEWS

Lightning an unlikely culprit: Expert

Gabriel Attuy of Metro Brazil, where Flight 447 originated, spoke with George Sucupira, president of the International Council of Aircraft Owner and Pilot Associations for Latin America.

Q Is it possible that lightning hit the plane and caused the accident?

A In the history of civil aviation there has been only one case of an airplane being brought down by lightning. The Airbus has state-of-the-art technology. In a routine trip it is probably hit several times by lightning and the passengers never notice it. METRO WORLD NEWS

Bosnia **Mass funeral**

DAMIR SAGOLJ/REUTERS

A Bosnian Muslim woman cries during a mass funeral in the village of Memici yesterday. Thousands of Bosnians attended for Muslims killed by Serb forces at the beginning of the country's 1992-95 war, found in mass graves and identified later.

News in brief

FLU Cases of influenza A (H1N1), also known as swine flu, have been found in all 50 U.S. states and tests have confirmed the virus in more than 10,000 people, officials said.

MISSILE North Korea is readying to test a mid-range missiles that can hit all of South Korea and most of Japan, a South Korean news agency reported yesterday. REUTERS

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Worry over Cuban trade

Miami's business will gain if the United States unilaterally lifts its trade embargo on Cuba, but the city could face "unfair" competition from state-subsidized Cuban cigar, citrus and rum exports, its main trade body said.

This is one finding of a new report from the Greater Miami Chamber of Commerce, which for the first time considers the scenario that President Barack Obama's administration may ease or even end the embargo without major changes inside Cuba.

Obama has said the 47-year-old embargo will remain for the moment to press Cuba's communist leadership to free dissidents and open up political freedom. But he has offered a new relation of more contacts and talks on issues like migration.

Bills before the U.S. Congress propose lifting restrictions on travel by Americans to the island and freeing up farm trade, boosting hopes among opponents of the Cuba embargo that more curbs might be significantly relaxed before the year end.

Greater Miami Chamber of Commerce chairman Bruce Jay Colan said the business sector of Miami — located 240 kilometres from Cuba and with its strong Cuban-American community — needed to address, and be prepared for, this new reality.

"We now realize that it is possible that without a great deal of change in Cuba, we could in fact have the embargo lifted," Colan said yesterday.

If increased bilateral trade came with little or no change in Cuba's centralized state-run system, potential threats to Miami's business could be posed by subsidized Cuban products "that compromise international labour standards, intellectual property rights, copyright laws, and quality and environmental protocols," the chamber report released on the weekend said.

"Cuba could simply dump products such as cigars, citrus and rum, without any regard to production costs or price, to generate hard currencies," said the report.

REUTERS

Most Spaniards oppose teen abortion plan

POLL Most Spaniards, including those who normally vote for the ruling Socialists, are against a government proposal to let 16-year-old girls have an abortion without their parents' permission, polls showed yesterday.

A total of 64 per cent of those surveyed for the left-leaning newspaper El Pais said they did not agree with the government's plan, part of a wider move to legalize terminations in the first 14 weeks of pregnancy.

Spanish law currently only allows abortions in cases of rape, if a fetus is damaged, or if the pregnancy could endanger the physical or mental health of the mother.

The surveys could make concerning reading for the Socialist government ahead of European elections Sunday, for which polls already suggest the opposition conservatives have a lead.

With the economy set to sink by more than three per cent this year and unemployment passing 17 per cent, Prime Minister Jose Luis Rodriguez Zapatero has concentrated his European campaign on his liberalizing social agenda, including abortion.

But legal abortion for women as young as 16 seems to be a step too far in the minds of voters, with 56 per cent of Socialist supportersin the poll to be against it, compared to 40 per cent in favour. REUTERS

News in brief

ITALY An Italian prosecutor opened an investigation yesterday into the possible misuse of state aircraft by officials, after media reports that guests at Prime Minister Silvio Berlusconi's villa arrived on military planes. The 72-year-old conservative leader is already mired in a scandal over his alleged relationship with 18-year-old aspiring model Noemi Letizia

AUSTRALIA Australian Prime Minister Kevin Rudd yesterday condemned a series of attacks on Indian students as calls mounted for a wider probe into the country's international student sector. Indian students say the attacks in Melbourne are racially motivated.

PIRATES The French navy handed two dead and two captured pirates to authorities in the semi-autonomous Somali region of Puntland yesterday, but confusion persisted over how best to deal with the sea gangs. Foreign warships have been deployed off the coast of the lawless Horn of Africa state since the turn of the year to try to prevent piracy. REUTERS

Luxury firm Valentino sees signs of market recovery

Fashion group Valentino said it expects 2009 to be a tough year in luxury retail but has seen resilience in quality labels such as Marlboro and Hugo Boss. CEO Stefano Sassi told Corriere della Sera newspaper that the firm has seen a recovery in trade since the middle of April. **REUTERS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Harper defends aid for GM

Canada lends $9.5B US as company begins restructuring

AUTO Canada's aid to General Motors Corp. will constitute the biggest part of a huge increase in the federal deficit this year, but failure to help GM would have been catastrophic, Prime Minister Stephen Harper said yesterday.

Canada and the Ontario government are lending GM $9.5 billion US as it reorganizes under bankruptcy protection in the United States, and taking 11.7 per cent of the common shares of the new company.

"Today's announcement is a regrettable but necessary step to protect the Canadian economy during the worst global recession in half a century," Harper told a news conference.

The federal government is taking a two-thirds share of the combined Canadian-Ontario contribution, giving it a hit of $6.33 billion.

Part of the overall total will be a federal-provincial loan of $1.3 billion, along with $400 million for which the two levels of government are receiving preferred shares.

Canadian officials said GM has agreed to maintain 19 per cent of its Canada-U.S. production in Canada in exchange for the aid.

REUTERS

Plans

- In a statement, GM said it would launch five new vehicles, including hybrids, at two Ontario plants, and that it anticipated no more plant closures in Canada.

FRED THORNHILL/REUTERS

Prime Minister Stephen Harper and Ontario Premier Dalton McGuinty answer questions at a news conference in Toronto yesterday. The two outlined details of the $9.5 billion US in Canadian loans to General Motors as part of their bankruptcy filing.

PM buoyed by GDP data

ECONOMY Although Canada's latest gross domestic product figures are bad, they were better than expected and show the economy is over the worst of the crisis, Prime Minister Stephen Harper said yesterday.

Statistics Canada said the economy shrank by 5.4 per cent in the first quarter of the year. The decline was not as bad as the 6.6 per cent drop expected by analysts.

"We do anticipate that this was the worst quarter, the first quarter of this year ... The worst is behind us, we will have better quarters going forward. That's our very strong sense at this point," Harper told Toronto radio station CFRB.

Saying there was "reason for optimism," Harper cautioned there would be further job losses and said Ottawa was ready to take more steps if necessary to help the unemployed.

REUTERS

Business in brief

OIL The rising price of crude could re-energize Canada's oilsands, where most new projects had been put on hold due to high development costs and several months of sub-$50 oil prices. Oilsands spending is down 32 per cent this year compared with 2008.

HACKING Accessing your bank account using your mobile phone might seem safe, but security experts say would-be hackers can access confidential information via a simple text message seemingly from your service provider.

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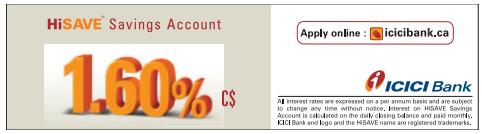

If your heart governs your home-buying decisions, your wallet will pay the price.

Keeping your cool

Property buyers must rein in emotions, or face consequences

AlisonOnMoney

Just a year ago, condo and single-family sales agents were crowing over multiple bids to buy and delaying presentation of offers, anticipating competitive top-ups from anxious buyers desperate to grab their piece of the real estate pie.

Purchasers became supplicants — that in itself was incredibly annoying.

I recall one friend who was delighted to be "chosen" as the new owner of a semi-attached because, though her bid was a smidge below others, she had two Burmese and the feline-fan vendor thought the house would "miss" having kitties around.

Another buyer actually brought her two children around to be approved by the owner. Yuck!

But now, with real estate sagging back into the realm of sensible from coast to coast, you'd think buyers would be immune to purchase panic. Not so.

The memory of the powerful recent seller's market is bound to linger, especially among first-time and move-up buyers who tend to be more emotional and anxious than those simply buying because of a job transfer.

It is vital to keep emotions in check when looking for property. Even now real estate agents are telling prospective purchasers that the market won't be down for long and those who don't get in now will be shut out. Resist such pitches.

The fact is those who live in a home for years will ride out short term ups and downs.

However, if you let your emotions get in the way you could be paying the price for a long time to come in the form of a house you can't really afford, a design that doesn't fit or repairs that drive you more deeply into debt.

Friends, family and even colleagues can provide an excellent emotional reality check. Take advantage of those with experience in home ownership, renovations and financial management.

They may spot flaws in both the house and your financial plan that you are inclined to ignore.

Property love, after all, hides a multitude of sins.

Alison's Money Rule:

- Like falling in love, emotions run rampant when purchasing property. Keep them in check or you'll be paying for years to come.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Planning for savings

MoneyMatters

Q **I graduated from university five years ago and have never been unemployed. But I have nothing to show after all these years. Between student loans, rent, entertainment, etc., there's nothing in my bank account. Should I get a loan or line of credit and pay all my debts? How can I save when there's nothing at the end of the month?**

— Gregory, Toronto

A Your problem appears to be not having goals and a financial plan. Like business owners, individuals should have objectives and a road map to achieving them.

- Write down what financial goals you'd like to accomplish in a specific time frame. Once you have a number, work backward to figure out how to attain it.
- Have a monthly budget that itemizes your cash flow from earnings and all your fixed expenses. Anything left over is discretionary. Health-club memberships and Sports Illustrated subscriptions are not fixed expenses.
- Pay for things using debit, not credit cards.
- Set up an RRSP with an automatic deduction from each pay cheque.
- Pay off credit card balances each month and search for cards with the lowest rates. Get rid of high-interest department store and gas cards.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca or 416-489-7800.

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KHL passes on Tavares

The Kontinental Hockey League's first NHL-style draft was heavy in home-grown Russian talent and light on North Americans. John Tavares of Oakville, Ont., widely viewed as the top NHL prospect this year, was passed over by Russian clubs in the draft of junior players aged 17 to 20. METRO NEWS SERVICES

Sports

Habs hire Martin

Jacques Martin, left, is the new head coach of the Montreal Canadiens. The Canadiens hired the 1999 NHL coach of the year yesterday and he will replace general manager Bob Gainey behind the bench. Martin had been GM of the Florida Panthers for the past three seasons and coached the club from from 2004 to 2008. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Voyageurs Cup on the line

Whitecaps must win tonight to keeps championship hopes alive

In 2011, Toronto FC and the Vancouver Whitecaps will begin meeting regularly in Major League Soccer games, an instant rivalry of the league's two Canadian teams.

Consider tonight a preview.

The two sides play at picturesque Swangard Stadium with the Nutrilite Voyageurs Cup on the line.

A win or a tie by TFC and they would win the Canadian championship and set the stage for international competition in Toronto this summer, fall and, if things go well, into winter.

But a win by the hosts, the defending United Soccer Leagues First Division champions who have been given an MLS franchise to begin play the season after next, and the pressure will be on TFC to beat Montreal June 18 and then rely on tiebreakers to take the title.

"It's a game for more than pride," Bob Lenarduzzi, president of the Whitecaps and a former Canadian international, said yesterday.

"The natural rivalry between Toronto and Vancouver will look after itself when we are in MLS," he said. "But we have a head start on it because it (tonight) is a pretty significant game."

Toronto opened the second annual competition beating Vancouver 1-0 at BMO Field on May 6, a game dominated by the home side.

TFC followed that up a week later with a 1-0 win over the Montreal Impact, last year's champions.

But Vancouver has climbed back into the race by beating Montreal in consecutive games — 2-0 on the road and 1-0 at Swangard last week to set up tonight's key matchup.

"It's an important game," TFC coach Chris Cummins said before the team left Toronto. "It'd be the first bit of silverware for the club and, obviously, it'd give the fans something to talk about."

The winner of the Canadian title gets to take part in the CONCACAF Champions League against the top teams in North America, Central America and the Caribbean.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

Toronto's Chad Barrett and Vancouver's Wesley Charles battle for the ball during their May 6 game in Toronto. The teams meet again tonight in Vancouver and the game may determine the Voyageurs Cup winner.

Tiebreakers

Should the Canadian championship be tied after group play, the winner will be determined by the following:

1. Most points in all group matches;
2. If two or more teams are tied, then the team with the greatest number of points in matches featuring tied teams;
3. If teams are still tied, then the greater goal difference in matches featuring tied teams.

Abdelkader outshining stars in Stanley Cup final

(Detroit leads series 2-0)

Detroit at **Pittsburgh**

VS

HOCKEY This year's Stanley Cup final was billed as a perfect stage for Pittsburgh Penguins captain Sidney Crosby to act as the star performer, instead little-known Detroit winger Justin Abdelkader has leapt into the limelight.

Justin Abdelkader

Crosby's image has taken such a prominent place in the lead-up to the rematch of last season's finals that Red Wings coach Mike Babcock quipped recently he had to remind himself that it was Detroit who lifted the Cup in 2008.

Unlike Crosby, rookie Abdelkader was virtually unknown before this series began, but two goals in as many games has made the 22-year-old Detroit's top scorer and given the defending champions a healthy 2-0 lead in the best-of-seven series.

"He's obviously been very good for us," forward Dan Cleary told reporters. "He's a young player, he's going to be a great NHL player."

Pittsburgh lost last year's finals in six games and a similar result appears likely after Detroit retained home advantage with back-to-back 3-1 victories.

Only the Montreal Canadiens have managed to lift the Stanley Cup after losing the first two games on the road, beating the Chicago Blackhawks 4-3 in 1971.

Coming into the finals Crosby was on a tear, tied at 28 points with teammate Evgeni Malkin for the lead in the NHL playoff scoring race.

The 21-year-old Canadian is three shy of his 400th career point and has been tipped as a possible captain for Canada at the 2010 Winter Olympics in Vancouver.

However, after all the hype ahead of the rematch, Crosby has failed to score in the first two games, mainly due to strong defensive play from Detroit's Swedish forward Henrik Zetterberg.

For the first time in the 2009 playoffs, Crosby has been left goalless for consecutive games and has only managed two shots in the series to date.

REUTERS

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French Open **Wozniak's run over**

CLIVE BRUNSKILL/GETTY IMAGES

Aleksandra Wozniak of Blainville, Que., hits a forehand during her fourth round match against Serena Williams yesterday at the French Open at Roland Garros in Paris, France. The 21-year-old was the first Canadian woman in 17 years to make the fourth round of the tournament, but lost 6-1, 6-2 in just 53 minutes.

'86 World Cup team headed to Hall of Fame

SOCCER The 1986 men's national team, the only Canadian side to ever qualify for the World Cup, will be inducted into the national Soccer Hall of Fame on Saturday, in a ceremony that also includes eight individuals.

The 1986 team, which clinched its place in Mexico with a 2-1 victory over Honduras in St. John's in 1985, went on to lose all three games and not score a goal in the tournament. Canada lost 1-0 to France, then went down 2-0 to both Hungary and the U.S.S.R.

Other inductees to the Hall of Fame for 2009 include: Former men's national team members John Limniatis, Mike Stojanovic and Neil Ellett, one-time women's team member Joan McEachern, former FIFA referee Bob Sawtell, Derek Wisdom, New Brunswick's "Mr. Soccer" and Ted Slade, for 60 years service to soccer in Ontario.

TORSTAR NEWS SERVICE

Sports in brief

COYOTES The NHL will soon have a much better idea of what Jim Balsillie has planned if he is allowed to move the Phoenix Coyotes to Hamilton, Ont. Balsillie was expected to file an application for relocation with the league late last night. The application would include intricate details about why he believes the NHL should consider his proposal to move the team.

GOLF Phil Mickelson plans to return to the PGA Tour for next week's St. Jude Classic and compete in the U.S. Open which follows, the player's manager said yesterday. The American world No. 2 shut down his 2009 campaign indefinitely last month after his wife Amy was diagnosed with breast cancer.

METRO NEWS SERVICES

SPECIAL FOCUS ON:
Fitness

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Burn 'summer' calories

Intensify your outdoor activities and shed weight effortlessly

DENISE SURETTE
For Metro Canada

As the cold weather begins to fade in our memories, many of us become more active as outdoor activities become a little more appealing.

Strolling downtown, riding bikes and gardening are great ways to enjoy the summer months and get our daily exercise. But have you ever wondered how many calories you're actually burning while enjoying the sunshine?

The health benefits to these seemingly relaxing activities are real and help you shed weight and burn calories. By adding extra time or exertion to these activities you can burn as many calories as you would with a trip to the gym.

Fitness expert Shawna Kaminski, owner of Calgary North West Adventure Bootcamp, says that there are lots of ways to further intensify your favourite summer activities to burn even more calories and increase your strength and endurance.

"When moms are at the park with the kids, do push-ups, pull-ups or squats," says Kaminski. "If you see a park bench, do step-ups. There's more you can do than just a run."

ISTOCK PHOTO

According to caloresperhour.com, beach games such as Frisbee can burn up to 200 calories an hour.

According to caloriesperhour.com, a website devoted to calculating calories burned per hour for almost any activity you can think of, a leisurely bike ride with your family can burn between 200 and 300 calories per hour. If you step up the intensity to a moderately tough ride, that number increases to more than 500 calories per hour.

Beach games such as Frisbee can burn up to 200 calories per hour, and an hour of golf will burn a whopping 350 calories.

Strolling downtown and popping into your favourite shops for a few hours scan burn up to 300 calories, while gardening for a half hour burns up to 150 calories.

Taking your dog for a half hour walk will burn up to 100 calories, but if you increase your speed to a light jog your canine outing could burn as many as 300 calories (the same amount of calories in a bar of dark chocolate).

Kaminski also says that an organized bootcamp in the summer months is a great way to burn calories at an intense rate and still enjoy the warm weather.

"An hour of bootcamp burns 400 to 550 calories per hour," says Kaminski.

burn more

How to burn more calories without the gym:

- Forgo the automatic car-wash. Use the clothesline instead of the dryer.
- Park a few blocks away from your intended destination.
- Take the stairs instead of the elevator.
- Go out dancing.

Saddle up for squats

EXERCISE They say you never forget how to ride a bicycle. But after a winter out of the saddle, those first few rides may be tougher than you remember.

People often take cycling for granted and think they can just pick up where they left off, says Diane Stibbard, a world-class duathlete and the author of the bike training guide Keeping Fit In The Off Season.

Four weeks of pre-bike training can do a world of good. Squats are the way to go, she says.

"Squats are a good exercise for preparing for the cycling season, as they are a 'multi-joint' exercise," Stibbard explains by email. "The joints and their attached muscles — as well as the body's core muscles, which are working to stabilize the body throughout the movement — are all specifically involved in turning the pedals over on the bike."

DAVID COOPER/TORSTAR NEWS SERVICE

Paola Loriggio demonstrates how to do squats.

Basic Squat

1. Stand with your feet hip-width apart.
2. With your shoulders square, your head facing forward and your back in a neutral position, slowly bend your knees to a 90-degree angle, as if sitting in a chair. Make sure your knees don't go past your feet.
3. Slowly stand up, pressing your weight through your heels.
4. Repeat 10 to 12 times.

TORSTAR NEWS SERVICE

Three ways to use your breath to de-stress

MAGGIE SAMWAYS
Metro World News

WELL-BEING Katrina Repka has been teaching yoga for the past 15 years and has recently been named a yoga master.

As well as being a full-time mother, she is the author of the book Breathing Space and teaches one-on-one yoga classes. Here are her tips on how to use your breath to de-stress:

1. Take a full, deep, breath. Stress in the body often creates tension in the breath. Imagine you're wearing a bodysuit that's too tight — it's hard to breathe. Taking a full, deep breath will help you to let go and release. Close your eyes and take 10 slow, deep breaths in and out through your nose, then notice how you feel.

2. Make your inhalation and exhalation smooth and even. Changing the patterns of your breath changes the patterns of your mind and hence your life. Slow down your breath and even out your inhalation and exhalation to become more clear and still.

3. Meditate on your breath wherever, whenever. Running on a treadmill? Washing dishes? Focus on your breath to turn each activity into a meditation. This will bring you into the present moment and remind you to slow down and chill out.

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Condoms vs. withdrawal

Study gives the unofficial birth control method a good grade

A recent study published in the June issue of Contraception Magazine presents findings that the withdrawal method of birth control rivals the use of condoms.

Shocking, isn't it? An entire magazine devoted to contraception! But actually I was referring to the fact that they're telling us that a method that we've been told all our lives is not even officially a method of birth control is almost as good as condoms.

Condoms have a 98 per cent success rate when used properly and an 82 to 87 per cent failure rate (depending on who you talk to) when you factor in all the people who decide that the six-year-old condom in his wallet is still "fine" to use.

The study out of the Guttmacher Institute in New York said that the withdrawal method – that is, having the male partner pull out before he climaxes – is 96 per cent effective when used perfectly (however they determine that) and an 82 per cent success rate with more typical, obviously less perfect, use.

But before you lose the latex, it's important to remember that the withdrawal method doesn't provide any protection from Sexually Transmitted Infections that can be transmitted through pre-ejaculate fluid.

And given the prevailing resistance to using condoms it hardly seems responsible to give people another excuse not to roll down the rim. So what advantage is there to a study like this?

study results

- To read the entire study, follow the link on Josey's Sexcetera blog at metronews.ca.

Well, the truth of the matter is, say the researchers, a lot of people are using the withdrawal method (usually as a back up or along with another form of birth control) and denying this is silly.

Even Dr. Carol Carozza, VP of marketing for Ansell Healthcare (the makers of LifeStyles Condoms) and a 20-year veteran on contraception, says that when you see how many people seem to be defaulting to the withdrawal method, it's clear that more research needs to be done and that users of it should be counseled properly.

People have been so stressed out into believing that withdrawal is irresponsible at worst or at best "better than nothing."

Although withdrawal may not be as effective as some contraceptive methods, it is substantially more effective than nothing, said the study.

ISTOCK PHOTO

A study out of the Guttmacher Institute in New York says the withdrawal method is 96 per cent effective when used perfectly.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Replenish nutrients lost through sweat

CELIA MILNE
for Metro Canada

Yeah! The sun is shining, the trees and in bloom and the air is warm. Time to intensify your outdoor workout.

Whether you are into tennis, ultimate Frisbee or soccer, or simply going for a long walk, bike ride or run, keep in mind that you're losing nutrients through sweat.

Even four per cent dehydration decreases your performance, according to Dr. Michael Clarfield, director of The Sports Medicine Specialists Clinic in Toronto.

And there's a more immediate reason to keep dydrated: "There is a direct correlation between muscle cramps and dehydration," says Dr. Clarfield. Muscle cramps are caused by depleted levels of minerals in muscle tissue.

The remedy? If you are working out intensely, you need to continuously replenish with drinks that are enriched with electrolytes, such as sports drinks. This will replace electrolytes lost through sweat.

Here are some other hydration tips from Dr. Clarfield, who is also the company physician for the National Ballet of Canada and team doctor for the Canadian National Tennis Team.

- Don't drink too much water. Plain water dilutes electrolytes and can create a state of hyper-hydration. Drink liquid containing electrolytes as well as water.
- Don't workout if you have flu-like symptoms throughout your body. Your immune system is compromised and exercising can further wear it down. Exercising with just a head cold is probably fine.
- Remember to warm-up before exercising and to stretch after exercising to help prevent injury. A good way to warm-up consists of three to five minutes of an activity that gradually increases your heart rate. When stretching, remember to engage in gradual, steady movements for 15 to 20 seconds.
- Listen to your body. If you are having trouble breathing or feel pain, immediately stop the activity you are doing.

ISTOCK PHOTO

Remember to do a three to five minute warm-up before exercising and to stretch afterwards to prevent injury.

In brief

WOMEN'S HEALTH Women may be more vulnerable to lung damage from smoking than men, according to new research. In a study looking at chronic obstructive pulmonary disease (COPD), scientists at Brigham and Women's Hospital, part of Harvard University Medical School, and the University of Bergen in Norway found that female smokers experienced reduced lung function at a lower level of exposure and at a younger age than male smokers. Previous research has also indicated that there is an increased female vulnerability.

TORSTAR NEWS SERVICE

The mighty bicycle

It's fun, eco-friendly — and can help you shed pounds

TRACEY WILLIAMS
For Metro Canada

Beyond being a great and enviro-clean mode of transport, biking also improves balance, eases stress and helps prevent cardiovascular disease, according to Scott Brouse, a fitness professional in Oakville, Ont.

Plus, if you want to burn off winter weight gain, here's a fact: A 145-lb woman can lose 10 lb in two months by cycling at 30 kilometres per hour for one hour a day, four days a week.

Spring Tune-Up

Do it yourself and you'll not only learn about how your bike works, you'll save $50 to $100. Selene Yeager, the author of Every Woman's Guide to Cycling, gave us a list of what you'll need: Allen keys (L-shape wrenches), bike lubricant, degreaser, dish soap, a wire brush, a tire pump, a patch kit, rubbing alcohol, fine steel wool, a towel and a rag.

Here's what to do:

• Spray degreaser on the chain and scrub with wire brush. Gently hose down your bike, then clean with hot water and dish soap. Rinse chain and bike; dry with a towel.

• Turn your bike upside down and coat the chain with lubricant while slowly turning the pedals backwards. Wipe excess oil with a rag. (Lube your chain after riding in the rain and after every third ride).

• Pump up tires. If cracked or worn, get new ones. If an outer tire looks fine but is leaking, pop part of the tire off the rim, remove inner tube and locate the hole.

• Inspect brake pads. Clean with a rag dipped in rubbing alcohol. If the grooves look worn, get new pads installed.

• Your cables work the brakes. If the casing is frayed or rusty, have the cables replaced.

• Tighten loose bolts (on handlebars, seat post, frame and chainring).

• Remove rust with steel wool.

Do your own bike tune-up and save yourself $50 to $100.

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Billy Bob Thornton's daughter arrested

Billy Bob Thornton's daughter has been arrested in Florida on charges of child neglect resulting in the death of one-year-old girl she was babysitting. Friday's arrest of Amanda Brumfield, 29, was the result of an alleged incident in which the infant fell. PEOPLE.COM

Entertainment

MMVA lineup

Billy Talent, Alexisonfire and Kelly Clarkson will join previously announced acts Lady Gaga and co-hosts the Jonas Brothers as performers at this year's MuchMusic Video Awards on June 21. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

MARIO ANZUONI/REUTERS

Actors Robert Pattinson, left, and Kristen Stewart won the best kiss award for the movie Twilight at the 2009 MTV Movie Awards.

Twilight sweeps awards, but Bruno steals show

Vampire movie Twilight took the honours at the MTV Movie Awards Sunday, but it was an unscripted stunt involving Borat actor Sacha Baron Cohen and singer Eminem that stole the live show.

Twilight swept up five awards, including best movie, best kiss and best fight at the irreverent fan-driven event where viewers had a sneak preview of the movie's forthcoming sequel, New Moon.

Australia's Heath Ledger won the award for best villain, adding to the slew of trophies awarded to the Dark Knight actor after his death in January 2008.

But it was the outrageous Cohen, promoting his upcoming movie Bruno in which the British actor plays a gay Austrian fashionista, who brought the house down.

Sweeping high above the studio on a harness, Cohen hit an obstacle, spun down toward the audience and landed face down in the lap of Eminem, exposing his naked bottom to both the rapper and to millions of viewers watching the awards show live on television.

MTV said Eminem stormed out "in a heated rage" after the incident at the Gibson Amphitheatre near Los Angeles where the live awards show was taking place.

"This is very exciting TV," host Andy Samberg ad-libbed.

"I enjoyed his (Cohen's) precision landing," actor Ben Stiller told reporters backstage. "I did not see that coming."

The MTV awards are nominated and voted on by fans through online polls, producing a more populist selection than the Oscars or the Golden Globes. Winners get a golden popcorn statuette.

Slumdog Millionaire, which won a leading eight Oscars in February, went into Sunday's MTV Movie awards with six nominations but came away empty-handed.

Twilight won none of the mainstream movie awards earlier this year but has taken more than $382 million US at the box office worldwide and has turned its star Robert Pattinson from an unknown into an international heartthrob. REUTERS

Lightning-fast comedy

New sketch series Hotbox takes on many subjects

IAN JOHNSTON
for Metro Canada

Veteran sketch comic Pat Thornton shows no hesitation when asked to name his worst live show yet.

"It was a fringe tour with (comedy troupe) Todd's Lunch. We didn't get in the Winnipeg Fringe Festival, so we rented out a theatre that seats 300 people," says Thornton, the creator/writer/star of The Comedy Network's fast-paced new sketch series Hotbox.

"Someone who had seen us before and hated us wrote this one star review before we arrived. So only five people showed up for the show. Three volunteers and the people who billeted us. They were real polite but I can't imagine they had a good time."

The 13-episode Hotbox, which premieres tonight, reflects Thornton's nine years of good and bad gigs with sketch troupes like Todd's Lunch and, more recently, The Sketchersons.

However, the show's core target audience is most definitely today's YouTube generation.

For Hotbox is a lightning-fast mish-mash of sketches that take on all subject matter and sport names like "Press Conference With a Bear," "Dinosaur Man," "Dinner in Space" and "Dr. Bloodfister."

If a segment lasts 20 seconds, it's a rarity. Most of Hotbox's comedy bits just end abruptly. Think of it as a live action variation on the animated series Robot Chicken ... though Hotbox does also feature some cool animation and puppets.

"For the most part, what you see on the screen is all there was on the page," says Thornton. "We really enjoyed the challenge of writing things that just start and stop quickly; redefining how something ends."

Hotbox is also unique in its steadfast avoidance of a regular cast. There are 20 Canadian comics featured in the first season. This includes members of three comedy troupes, as well as cameos by well-established comics like Colin Mochrie, Jon Dore and Sean Cullen.

"There really isn't a regular cast," Thornton says. "Yeah, we went back and forth with the network on that. Part of it was I simply wanted to make opportunities for comics in this town."

Thornton says making the leap from stage to the small screen wasn't difficult, though he does miss the live feedback.

"The laughs are different. You work all day on a TV set with the crew, and they don't care how funny you are."

Pat Thornton is the creator/writer/star of The Comedy Network's fast-paced new sketch series Hotbox.

"The laughs are different. You work all day on a TV set with the crew, and they don't care how funny you are." Pat Thornton

On TV

- Hotbox airs tonight at 10 p.m. on The Comedy Network.

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Gillan joins Doctor Who
Relatively unknown actress Karen Gillan has been tapped to accompany new Doctor Who Matt Smith on the upcoming season of the cult TV series. The show returns to BBC in 2010. TVGUIDE.COM

Boyle treated after loss

Sensation's 'breakdown' seen as cautionary tale

Talent show contestant Susan Boyle's giddying rise from unemployed Scottish church volunteer to global superstar has come at a price, in what is being seen as a cautionary tale for the celebrity age.

On the way up, the 48-year-old's performance last month of I Dreamed a Dream on television series Britain's Got Talent was downloaded nearly 200 million times on the Internet, and within days Boyle was headline news around the world.

Camera crews camped outside the home where she lived alone with her cat; Larry King and Oprah Winfrey invited her onto their U.S. shows and tabloid newspapers tracked her every move.

But as the pressure built ahead of Saturday's final, which Boyle had been the runaway favourite to win, she was reduced to tears, threw a tantrum and threatened to pull out of the show.

On Sunday, after her shock defeat by dance troupe Diversity, the singer was admitted to a clinic in London that treats people with mental health problems, suffering from exhaustion. The Sun tabloid reported she had an "emotional breakdown."

A police spokesman confirmed that officers had been called to a London hotel "to doctors attending a woman under the mental health act."

"She was taken voluntarily by ambulance to a clinic. At the request of doctors, police accompanied the ambulance," the spokesman added.

Susan Boyle
GETTY IMAGES

"Being famous is not all it's cracked up to be, and the idea that you can have a personal life and a media life is often pretty conflicting," said David Moxon, a health psychologist who specializes in stress. "I don't think Boyle did that (deliberately pursued celebrity). She was pursuing a love of singing that she had and that is the sad part of this story. But it is a cautionary tale for people and it shows fame has its price."

Experts question whether shows like Britain's Got Talent and American Idol are unnecessarily cruel.

Judge Simon Cowell in particular is renowned for his acerbic put-downs of less accomplished acts.

One of Boyle's co-finalists, Hollie Steel, burst into tears during her faltering semifinal performance and begged to be allowed to try again. At age 10, she was deemed by many to be too young to appear on the show.

And a potential American Idol contestant, ridiculed by Cowell after her audition, apparently committed suicide in November outside the home of fellow judge Paula Abdul. REUTERS

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Shannon in talks to join Runaways

CASTING Michael Shannon is putting another dime in the jukebox, baby.

The Oscar nominee is in negotiations for one of the lead roles in The Runaways, the feature take on Joan Jett's seminal 1970s rock band.

Kristen Stewart will play Jett, and Dakota Fanning is on board to play bandmate Cherie Curry in the River Road pic, which will revisit the brief but influential life of the all-female rock band.

The film centres on the quartet, but there are a number of key male roles representing people who were personally and professionally associated with band.

Shannon also is mulling several other offers. REUTERS

Kenya's Style

Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/2/09	251	308	3 CBC	NHL Hockey		News (N)		To Be Announced		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Inside Hollywood (N) (CC)		X-Weighted (N) (CC)		Ruby (N)	Style-Famous	News (N)
	254	-	8 M	Two/Half Men	Two-Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Canada's Next Top Model (N)		The Mentalist "Bloodshot"		Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Cloak" (CC)		Mental "A Beautiful Delusion"		Durham County (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		Monk (CC)		Law & Order: SVU		(:01) Without a Trace (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		Privileged (CC)		Hitched or Ditched (N) (CC)		Make Me a Supermodel		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Hitched or Ditched (CC)		Hitched or Ditched (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Cloak" (CC)		The Mentalist "Bloodshot"		(:01) 48 Hours Mystery (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	I'm a Celebrity, Get Me Out.		NBC News Special (CC)		Law & Order: SVU		News (N)
	602	568	19 W	How Clean	Friends (CC)	Remedy Me	Keep Real	Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Earth 2100 (N) (CC)				KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Mo' Money ★★ (1992) Damon Wayans, Marlon Wayans.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Cliff Mass: NW Weather	Weather predictions.		The Moody Blues at the Royal Albert Hall (CC)				Magnificent Mind	
	290	382	23 FOX	Two/Half Men	Two-Half Men	House "Birthmarks" (CC)		Mental "A Beautiful Delusion"		News (N) (CC)		Family Guy
	-	364	26 PBS	Denver	Motor City Memories		John Denver: The Wildlife Concert (CC)			Change Your Brain, Change Your Life (CC)		
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two-Half Men	Hitched or Ditched (CC)		Hitched or Ditched (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Hitched or Ditched (CC)		Hitched or Ditched (N) (CC)		Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two-Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Paid Program
	199	311	66 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	63 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		Prince of Pot-US vs Emery		National
	500	500	63 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	62 RSP	Sportsnet	Soccer: Nutrilite Canadian Championship				World Sport	Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	SportsCentre (Live) (CC)			In This Corner	Boxing Juan Manuel Lopez vs. Gerry Penalosa. (CC)				SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Mantracker (CC)		Bounty Hunter	Bounty Hunter	Departures
	410	403	24 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Super Bikes!	Super Bikes!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Drag Race	Drag Race	Super Bikes!
	416	409	144 GLF	Fútbol Colombiano		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	48 YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Life in Cold Blood "Dragons"		What the Ancients Did for Us		Private Life of a Masterpiece		Warrior Boyz (N) (CC)		Hard Rock
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheer Moms	Cheer Moms	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	disBand "Stereos" (CC)		One Tree Hill (CC)		Greek "The New Normal"		MuchVibe		Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Design Inc.	HGTV's Top	Dirty Business	House
	615	520	61 A&E	The First 48 (CC)		The First 48 After the arrests.		The First 48 (CC)		The First 48 (CC)		The First 48
	628	584	82 SPKE	Deadliest Warrior (N)		Jesse James Is a Dead Man		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Good Pets
	521	560	74 TLC	Little Couple	Little Couple	Jon & Kate	Jon & Kate	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Most Bizarre
	616	522	69 SHO	The Outer Limits "The Camp"		Painkiller Jane "Pilot" (CC)		The Last Templar ★ (2009) (Part 2 of 2) Mira Sorvino. (CC)				House (CC)
	620	523	70 BVO	Bravonews	McLauchlan	Law & Order (CC)		Without a Trace "No Mas"		Another You ★ (1991) Richard Pryor. (CC)		
	601	562	81 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	72 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	One Way Out	Deadliest Catch (CC)		How It's Made
	522	506	84 HIS	NCIS "About Face" (CC)		Lost Worlds (CC)		Zero Hour (CC)		NCIS "About Face" (CC)		Deep Wreck
	627	528	83 SPC	Extreme Ghost Stories (CC)		Stargate SG-1 "Orpheus"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	67 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Sex and-City	The Scorpion King 2: Rise of a Warrior ★★		
	619	525	68 TROP	Power Play (CC)		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	92 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word Food and fertility.		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Hot Box	Awesome	Daily Show
	320	621	30 CEN	(6:20) It's a Boy Girl Thing		Piccadilly Jim ★★ (2004) Sam Rockwell.				(:45) Flight of the Red Balloon ★★ (2007) Juliette Binoche.		
	581	566	101 MTV	College Life	Teen Cribs	Teen Cribs	MTV Live	Real World-Road Rules		College Life	Teen Cribs	MTV Live
	261	394	102 V	Lost Gods	Supernatural	Poltergeist: The Legacy		Murder by Death ★★★ (1976) Peter Falk, Peter Sellers. (CC)				Paid Program
	-	-	105 MUL	Eight Heroes	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Earth 2100
It's enough to make you want to climb into bed and pull the covers over your head: Climate change experts say the already dire predictions for the short-term future aren't nearly bleak enough to match the reality. Bob Woodruff hosts this two-hour special, in which scientists predict what the world will look like at the start of the next century if people don't take action now to save the planet. 9 PM on ABC

The Mentalist
Patrick's (Simon Baker) formidable powers of observation don't do him much good after he is blinded as the result of an explosion, forcing him to rely on his other senses during an investigation into the murder of a financial adviser. Robin Tunney, Tim Kang, Owain Yeoman and Amanda Righetti also star in "Bloodshot." 9 PM on CBS CTV

An unusual proposal

Ryan Reynolds struggled to find the words to ask now-wife Scarlett Johansson to marry him, so he proposed by text message. "The hardest part was to compress all of that love, all of that joy into just one text message. And then it was just hitting send," he said. FEMALEFIRST.CO.UK

Celebrity Buzz

Madonna queen bee to Kate

EX FACTOR Kate Hudson let the presence of her rumoured boyfriend Alex Rodriguez's rumoured ex, Madonna, spoil her fun at a polo match in NYC over the weekend.

After enjoying the first part of the match, Hudson reportedly vacated her VIP seats, which Madonna happily filled, according to the New York Daily News.

"Kate was completely intimidated by Madonna," one source says. "She clearly didn't want trouble and decided to keep a low profile for the rest of the match."

Adds another source: "I didn't even see Kate Hudson again after Madonna arrived. She ran away! But if I were dating Madonna's ex, I'd be scared, too!"

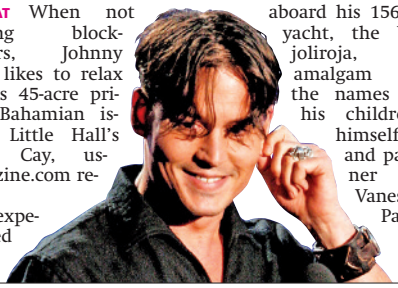
METRO WORLD NEWS

GETTY IMAGES

Money can't buy happiness, but it buys island

RETREAT When not making blockbusters, Johnny Depp likes to relax on his 45-acre private Bahamian island, Little Hall's Pond Cay, usmagazine.com reports.

As experienced from aboard his 156-ft. yacht, the Vajoliroja, an amalgam of the names of his children, himself, and partner Vanessa Paradis, "I don't think I'd ever seen any place so pure and beautiful," the actor tells Vanity Fair.



The Pond Cay life, he says, "is my decompression. It's my way of trying to return to normalcy ... Escapism is survival to me."

On the island itself, one can snorkel among barracudas, neon-coloured fish and nurse sharks, in what Depp has named Heath's Place, after Heath Ledger.

"You can feel your pulse rate drop about 20 beats. It's instant freedom. And that rare beast — simplicity — can be had. And a little morsel of anonymity," he says.

"Whenever I was getting frustrated about being 'novelty boy' and making movies, I told myself, Calm down. I can come down here and disappear. I spent the Christmas season here with Vanessa and the kids."

Owning one's own island also affords its special privileges. Quoting an old adage, he admits, "Money doesn't buy you happiness. But it buys you a big enough yacht to sail right up to it." METRO NEWS SERVICES

Jacko planning cash cows

MONEY PROBLEMS Michael Jackson is opening a Thriller casino, female-first.co.uk reports.

The 50-year-old singer is reportedly planning to launch the zombie-themed gambling den in Las Vegas next year. He is also believed to be working on a new album, several films, a museum to house iconic items from his career, and planning a three-year world tour, after his 50-date This Is It residency at London's O2 arena ends in 2010.

Sources close to the superstar claim he is interested in any business endeavour that can help revive his flagging fortune.

Jackson is allegedly over £100 million ($178 million) in debt. He has been sued by dozens of former associates and was even forced to sell his beloved Neverland Ranch last year.

The star is expected to make as much money as he owes from his residency, which is due to start next month, but he may not be fit enough to perform.

Jackson has already postponed the first four concerts and is facing the prospect of delaying more, as he allegedly battles skin cancer.

METRO NEWS SERVICES

Gaga for Jonas Bros

FANTASY Lady Gaga wants to have sex with the Jonas Brothers, female-first.co.uk reports.

The singer is planning to corrupt the trio — siblings Kevin, 21, Joe, 19 and 16-year-old Nick — by inviting them into her bed.

She said: "I love the Jonas Brothers, they're very talented. I met them once. I'd like to have a foursome with them."

However, Lady Gaga might have problems trying to seduce the Disney band because they wear purity rings and have publicly voiced their no sex before marriage beliefs.

METRO NEWS SERVICES

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Wednesday Sunny 23° / 15°
Thursday Sunny 24° / 16°
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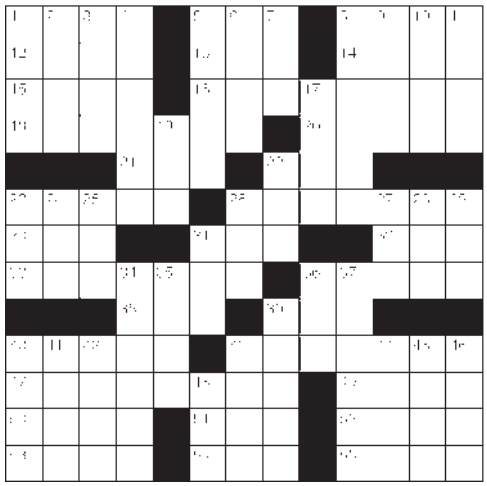
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	9		6			
	9					6	3	
5	6				2	1		
1		6	5				4	
				7				
	5				4	9		7
		3	1				8	9
	1	8					7	
			7		3	2		

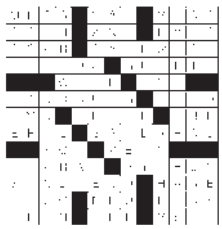
Crossword across

1 Punch
5 Biol. or bot.
8 Pack (down)
12 Vittles ...
13 ... and what to do with them
14 Operatic show-stopper
15 Verdi work
16 Alamo casualty
18 Refuse to buy
20 Moor
21 Possesses
22 Chinese chairman
23 Enthusiast
26 Longtime TV variety star
30 Dance syllable
31 Despondent
32 A billion years
33 1890s heavyweight champ
36 Archipelago part
38 Whatever amount
39 Every crumb
40 Acid type
43 Actor Gould
47 Lots of power?
49 Expanded
50 Press
51 "CSI" evidence
52 Long lunch?
53 Antitoxins
54 Rowing need
55 — River, N.J.

Crossword down

1 Wound cover
2 Cleveland's place
3 Buffalo Bill
4 Money of Malawi
5 Religious offshoots
6 Wagon
7 Judge Lance
8 Hire
9 Vicinity
10 Catcher's need
11 Maze option
17 Burn somewhat
19 Sturdy tree
22 Pie ingredient?
23 Gov. agcy.
24 Pi follower
25 Sound receptor
26 Cudgel
27 Conger, for one
28 Pirouette pivot
29 Potent stick
31 Pigpen
34 Potassium source
35 Sufficient, old-style
36 Under the weather
37 Trivial
39 Sacrifice site
40 Parisian pals
41 Unembellished
42 "Young Frankenstein" role
43 Sicilian spouter
44 Sandwich treat
45 Four years in the White House
46 "— company, ..."
48 Commotion

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	6	5	9	1	4	3	7	2
1	7	9	2	8	3	4	5	6
3	2	4	5	7	6	8	9	1
9	8	7	6	2	1	5	4	3
6	5	2	3	4	9	1	8	7
4	1	3	7	5	8	2	6	9
5	3	8	1	9	7	6	2	4
2	9	1	4	6	5	7	3	8
7	4	6	8	3	2	9	1	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Cod with Spicy Puy Lentils

INGREDIENTS:

2 tbsp (25 ml) extra-virgin olive oil
1 onion, chopped
2 celery stalks, chopped
2 medium leeks, chopped
1 or 2 fresh red chili peppers, seeded and chopped
1 cup (250 ml) Puy lentils, rinsed and drained
3 cups (750 ml) vegetable stock
1 sprig fresh thyme
1 bay leaf
Fresh-squeezed juice of 1 lemon
Pinch cayenne
4 pieces skinless cod fillet or cod steaks
Salt and fresh-ground black pepper
To serve: Lemon wedges

METHOD:

1. Preheat broiler to medium-high. Heat 1 tbsp (15 mL) of olive oil in medium pot over medium heat. Add onion, celery, leeks and chili peppers; sauté 2 minutes. Stir in lentils. Add vegetable stock, thyme and bay leaf. Bring to boil, reduce heat, and simmer until lentils are tender, about 20 minutes. If lentils have not absorbed all stock, drain.

2. Meanwhile, prepare fish. Stir together remaining oil, lemon juice and cayenne. Lay cod in broiler pan, skin side up. Season with salt and pepper to taste, and brush with oil mixture. Broil until flesh flakes easily, 6 to 7 minutes. There is no need to turn fish over.

3. Divide lentils between warm plates and arrange pieces of cod on top. Serve with lemon wedges.

Per Serving
324 calories, 7.5 g total fat, 1 g

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Reader's Digest
My Messy House

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Values planet Venus transiting your sign is by itself an omen of success, but today's Venus-Jupiter link-up promises even greater accomplishment.

TAURUS ♉
APRIL 21-MAY 21
Don't let your imagination get the better of you over the next 24 hours. It will be all too easy to believe that the images in your mind are real but they're not.

GEMINI ♊
MAY 22-JUNE 21
Take life as it comes today and don't worry too much if the people around you are more demanding than usual.

CANCER ♋
JUNE 22-JULY 22
You can be amazingly assertive but with Venus transiting the career area of your chart you will achieve more if you use persuasion.

LEO ♌
JULY 23-AUG 23
Life, the universe, everything; what's it all about? You will be asking this question, and questions like it, a lot over the next 24 hours.

VIRGO ♍
AUG 24-SEPT 22
Fears and anxieties buried deep in your mind will make an unwelcome reappearance today, but if you face up to them you will overcome them.

LIBRA ♎
SEPT 23-OCT 23
You will have to use a combination of generosity and guile today if you are going to get what it is you most desire.

SCORPIO ♏
OCT 24-NOV 22
You may for the most part be fixed in your opinions but on the work front you will be amazingly flexible.

SAGITTARIUS ♐
NOV 23-DEC 21
It might not be true to say that all things are possible for you now but enough are to make this the kind of day that stays long in the memory.

CAPRICORN ♑
DEC 22-JAN 20
The most important thing today is that you resolve any differences of opinion you might have with loved ones and relatives.

AQUARIUS ♒
JAN 21-FEB 18
You will be on the move for any number of reasons today but the most important by far will be to do with an affair of the heart.

PISCES ♓
FEB 19-MARCH 20
Your generosity will know no bounds today. You won't be content to give a little bit here and a little it there: You will give loved ones everything they desire.

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Garden of Eden deluxe rm.
Aug. 1 & 15 • 1 wk.
$2229
Taxes & fees: $255

DEALS to the SUN

Honolulu, Hawaii
Ohana Waikiki West • 3 1/2 ★
Aloha - Run of the house
June 19 & 21 • 1 wk.
$689
Taxes & fees: $152

Maui
Outrigger Aina Nalu • 3 ★
Aloha - Garden view rm.
June 13 & 20 • 1 wk.
$849
Taxes & fees: $152

Santa Clara via Calgary
Meliá Las Dunas • 4 ★
All-Inclusive • Standard rm.
June 7 - 21 • 1 wk.
$699
Taxes & fees: $212

Occidental Royal Hideaway Ensenachos • 5 ★
All-Inclusive
Supersaver Royal Spa rm.[1]
June 7 - 21 • 1 wk.
$1049
Taxes & fees: $212

Punta Cana via Toronto
Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
June 12 & 19 • 1 wk.
$799
Taxes & fees: $327
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Cancun / Riviera Maya via Calgary
Gran Bahia Principe Tulum • 5 ★
All-Inclusive • Standard rm.
July 4 & 11 • 1 wk.
$899
Taxes & fees: $278

Barceló Tucancun Beach • 4 ★
All-Inclusive • Standard rm.
June 27 • 1 wk.
$969
Taxes & fees: $278

DEAL to EUROPE

Paris
Hotel Cervantes Paris • 3 ★
Breakfast
Standard double rm.
Aug. 4, 6, 11, & 13 • 1 wk.
$1048
Taxes & fees: $326

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